

National Life Sports Calendar 2019/20

<u>DATE</u>	<u>Event</u>	<u>Venue</u>
<u>December 2019</u>		
7th	Junior LS Squad – pool	Waterford
7th	Senior LS Squad – pool	Waterford
<u>January, 2020</u>		
5th	Regional Squads – pool	UI/Conn, Ballyshannon. Mun - TBC.
26th	Junior / Senior LS Squad – pool	UL
<u>February, 2020</u>		
15/16th	Senior and Junior and Master pool	UL
<u>March, 2020</u>		
1st	Regional Squads – pool	UI/Conn, Ballyshannon. Mun - TBC
15th	Leinster regional Nippers pool	
22th	Munster regional Nippers pool	
29th	Ulster/ Connacht regional Nipper pool	
<u>April, 2020</u>		
10th	National nipper poo	NAC
13th	CPD – Training for Beach Events	TBC
17, 18, 19th	SLSGB Still Water Championship	Cardiff
<u>May, 2020</u>		
2th	Junior LS Squad- Open water	
2th	Senior LS Squad – Open water	
11	CPD – Ski Technique and Training.	TBC
31	Regional Squads–Open water	UI/Conn, Dunfannaghy. Mun - TBC
<u>June 2020</u>		
6	CPD – Board Technique and Training.	TBC.
20 or 21	Regional Squads- open water?	
? (2 x 1 day)	Senior LS Squad – Open water.	
<u>July 2020</u>		
3th	Pool Selection	
4 & 5 th	Junior LS Squad- Open water	
17 th	Open Water Selection	
??(2 x 1 ½ day)	Senior LS Squad	All TBC

Inter Regional Squads Event

TBC

August 2020

15 & 16

Regional nipper & juniors – all regions

19+ 20

Selected World's Team Camp.

TBC

29 & 30

National regional nipper & junior

September 2020

5th

National Senior & masters

Donegal

18th

World Life Saving Championships

Italy.